



## Knox Over 55s Zest4Life

April

Welcome to the Knox Over 55s Zest4Life program which aims to support people to remain active and socially connected within Knox through a mix of activities, training and events. The activities in this guide are organized by community groups, community houses, local libraries and Knox City Council.

### Things to note:

- Face-to-face opportunities are limited due to COVID safe guidelines and could be subject to change. Register early to avoid disappointment.
- Each venue is responsible for its own COVID safe plan, if you have any concerns or queries about this, please contact the organiser directly.

If you need any further information please contact 9298 8828.

### Always a Work in Progress

Hosted by Knox City Council with Presenter, Linda Black.

We often hear the phrase 'a work in progress' and it's usually used in the context of younger people. But what if it's ALWAYS true, no matter our age? Join this FREE interactive online session to explore that missing piece and find out *why* you've never stopped being a work in progress and how you can reconnect with that sense of yourself.

Date: Tuesday April 12, 2022

Time: 2:00 pm to 2:50 pm

Location: Online via Zoom

To book, please visit <https://www.stickytickets.com.au/rr2b3>

For more information, contact Sally Clark on 9298 8828 or [sally.clark@knox.vic.gov.au](mailto:sally.clark@knox.vic.gov.au)



## Miller's Homestead

Beautiful and historic Miller's Homestead is now open and looking forward to welcoming visitors back Mon-Fri, 9.30 am-12 pm and 1 pm-5 pm. So, why not drop in to use library services, tour the house and grounds, enjoy a picnic in the garden or enjoy a cup of tea on the verandah of this tranquil, Knox treasure.

There is no need to book if you are just popping in for a visit, but bookings for events are essential. [events.yourlibrary.com.au](https://events.yourlibrary.com.au) or call 0438 284 989

## Reducing Food Waste Workshop (International Stop Food Waste Day)

Date: Wednesday April 27, 2022

Time: 11:00 am to 12:30 pm

Where: Boronia Mall Centre Stage, 50 Dorset Square, Boronia

To book this free workshop, visit <https://www.stickytickets.com.au/no7cq>

## Tenori in Beyond the Sea

Join Tenori, the classically-trained Aussie larrikins on a musical journey around the world, performing songs from Spain, Cuba, France, Italy, Norway, the US and Australia.

Date: Tuesday May 3, 2022

Time: 11:00 am to 12:30 pm

Where: Knox Community Arts Centre, 790 Mountain Hwy, Bayswater

Cost: Adult - \$20                      Concession - \$18                      Group of 6 or more - \$16

For more information contact the events team on [events@knox.vic.gov.au](mailto:events@knox.vic.gov.au) or call 9298 8310

## Introduction to My Aged Care – hosted by Knox Council

Do you need a little help to remain living independently in your own home? Or know someone who does?

Join this free Zoom seminar to find out all you need to know about navigating My Aged Care.

Date: Tuesday May 10, 2022

Time: 10:00 am to 11:30 am

To book, please visit <https://www.stickytickets.com.au/blukf>

For more information, contact Sally Clark on 9298 8828 or [sally.clark@knox.vic.gov.au](mailto:sally.clark@knox.vic.gov.au)

## Movie Day – Senior Moment

Join us for a free screening of the movie *Senior Moment* – starring William Shatner, Jean Smart and Christopher Lloyd.

Date: Thursday 19 May, 2022

Time: 1:00 pm check-in/finish 4:00 pm

Location: Knox Community Arts Centre, 790 Mountain Hwy, Bayswater

To book, please visit <https://www.stickytickets.com.au/xape6>

For more information, contact Sally Clark on 9298 8828 or [sally.clark@knox.vic.gov.au](mailto:sally.clark@knox.vic.gov.au)